

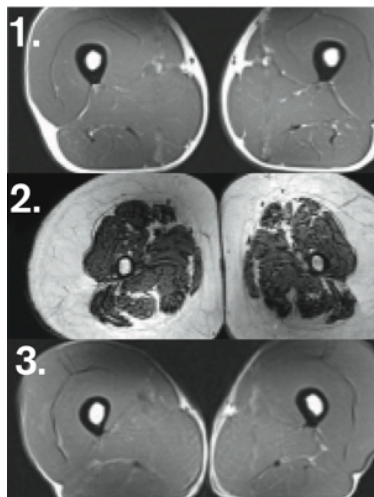
Development of an Evidence-Based Strength Training Program for Individuals with Dementia Participating in Adult Day Services

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Background

- ✧ Elderly adults with dementia are at an increased risk for falls and have much lower mobility than their peers without dementia.
- ✧ Risks associated with falling have been shown to be significantly reduced when elderly adults participate in exercises focusing on strength and balance of sufficient intensity.
- ✧ Increasing muscle mass is shown to alleviate negative changes to the brain and body associated with cognitive impairment and general aging.



SIMPLY STRONG

Keeping you
Fit to Function

Program Development

- ✧ A partnership with GWES, Dayton was formed to meet the needs of Day Service participants
- ✧ An extensive literature review of fall risk and dementia was conducted and a needs assessment survey was taken of the GWES staff.
- ✧ Mobility assessments were performed on the program participants.
- ✧ *Simply Strong* exercise program and materials were developed.

Simply Strong

Warm-Up:

Forward/ Backward Rowing, Twists, Marching, Kicks

Strength Training

Overhead Press, Curls, Band Stretches, Squats and/or Knee Extensions, Hip Abduction, Heel Raises

Outcome

- ✧ An evidence-based program was developed.
- ✧ GWES Staff was instructed in leading the program so that it may continue to be successful.
- ✧ Project provided a model for the implementation of similar programs.



References

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